

# ENTRAÎNEMENTS COLLECTIFS

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
09H30 BODYATTACK 45'	09H30 BODY BALANCE 45'	09H30 PILATES 45'	09H30 RPM 45'	09H30 move 45'	09H30 YOGA 55'
12H15 CROSS TRAINING 45'	12H15 RPM 45'	12H15 move 30'	12H15 BODY ATTACK 45'	12H15 CROSS TRAINING 45'	10H45 CAF IMPACT 45'
17H45 BODYATTACK 45'	17H45 PILATES 55'	17H45 BODY PUMP 45'	18H00 HYROX 55'	17H30 HYROX 55'	11H30 HYROX 55'
18H30 move 45'	18H00 move 30'	18H30 BODY COMBAT 45'	18H00 GRIT STRENGTH 30'	18H30 BOXING 45'	
18H30 BODY PUMP 45'	18H30 RPM 45'		18H30 move 30'		
	18H45 ZUMBA 45'				
19H00 SPRINT 30'	19H00 FUNCTIONAL STRENGTH 45'	19H15 CROSS TRAINING 45'	19H15 CAF IMPACT 45'		
19H30 GRIT STRENGTH 30'	19H30 STEP 45'	19H30 RPM 45'		STUDIO COURS COLLECTIFS	STUDIO CYCLING
19H30 HYROX 55'				STUDIO TEAM TRAINING	STUDIO HYROX